A program of Catholic Charities Hawai‘i funded in part by the State of Hawaii via contract with the State Executive Office on Aging (EOA) and the C&C of Honolulu, Elderly Affairs Division, and a Persons In Need grant from the May Templeton Hopper Fund of the Hawai‘i Community Foundation.
A MESSAGE FROM SUSIE

Happy Summer Everyone!!!

Please remember to vote! The Primary Election is on August 11, 2018. A big mahalo to the candidates, who participated in our Candidate’s Fair on July 17, 2018. Your support and involvement made the event exciting and worthwhile for the seniors who attended. It was a pleasure to see everyone and best wishes to you all. Mahalo to Harry Nakasone, Richard Tada, and Frank Toma for opening up the event with “God Bless America” and “Hawai‘i Pono‘i”. We appreciate the Happy Senior Serenader’s for providing beautiful entertainment for us. Mahalo to Mona Bernardo, Jane Higa, Lillian Inatsuka, Sally Joyce, Sally Kageyama, Diane Kawakami, Sharon Kobashigawa, Doug Maynes, Alicia Nagasawa, Emmie Otake, Helen Palama, Alice Shiroma, Lenora Springer, Mary Sueda, Jean Sugihara, Jean Sugiyama, Jane Tada, Doris Takara, Aileen Tanaka, Lillian Tanaka, Rose Yanagawa, David Young, and the Notre Dame Alumni for helping us with hosting the candidates, serving refreshment and lunch, setting and cleaning up, and being so helpful. Mahalo to all the center members who attended to advocate and learn more about the candidates for the various offices.

On June 19 and July 10, 2018, much thanks to Mr. Fusao Nishibun and his staff from the Real Property Tax Office. They assisted about 60 seniors with filling out Homeowner Real Property Tax Exemption forms. They will partner with LMPSC to have this service available every summer from now on for the community. They will be back to the Center on June 25, 2019, from 11 a.m. to 2 p.m.

Hawai‘i Pacific Health and Dr. Kalani Brady sponsored their annual Health Fair on Monday, July 9, 2018. There were about 150 people who attended the fair. Prevention and management of chronic diseases. Presentations were well received by our center members. The student presenters did an excellent job!!

The LMPSC Going Green Recycling event on July 14, 2018, resulted in a collection of HI-5 containers that brought in $117 to the Center and over 743 pounds of clothing and 152 pounds of household goods and books that was given to Savers as a FUNDrive for CCH/LMPSC. Also, LMPSC collected two flatbed truck loads of computers, scanners, and televisions and one truck load of cell phones, batteries, and other technological devices. We also collected canned goods for the Hawaii Food Bank, which will be given to Calvary Baptist Church (a site for the Food Bank); used eye glasses and hearing aids were given to the Lion’s Club; prom dresses and accessories; women’s business suits and accessories to theYWCA’s Dress for Success; and pet food, towels, and blankets to Popoki Poi Dogs. Free towing of unwanted cars can still be accommodated by calling 291-6151. Just let them know that this is a part of Going Green Event #150. About 70 volunteers from Roosevelt High School Leo Club, Chinatown Lion’s Club, Notre Dame Hawaii Alumni Club, Loyola Marymount Alumni Club, and area elected officials Council Member Carol Fukunaga and Senator Karl Rhoads and their volunteers provided manpower. Senators Donna Mercado Kim and Karl Rhoads; Representatives Romy Cachola, Takashi Ohno, and Sylvia Luke; and Council Member Carol Fukunaga donated the breakfast food and water. Borthwick Mortuary and Hawaiian Memorial Park Cemetery donated 80 lunches for all volunteers. Kudos to Rene Mansho for her tireless efforts to coordinate Going Green events throughout the year for the past 15 years!

The CPR/AED Training presented by Garrett Ogawa, Leona Kobashigawa, and David Shimogawa was fantastic. The 38 Lanakila seniors learned so much and are very thankful to them for a job well done!

The next Show and Sell is scheduled for Thursday, August 9, 2018, from 8:00 to 10:30 a.m. There will be good food, lots of clothing and household items, and plants and fresh produce for sale. Please invite others to come and enjoy!

Renovation of the outside storage room will start on Wednesday, August 15, 2018, and is made possible through the generosity of Harris United Methodist Church. The plan is to build storage cabinets that can store donations for Show and Sell, tools and equipment for Center building projects, and equipment for the Transportation Program. Mahalo to Kalfred Wong for his donation of a work bench!

The Children’s Action Network sponsored a Community Innovation Award Grant for Oral Health and CCH/LMPSC’s proposal was approved to support the partnership of LMPSC, Farrington High School’s Health Academy, the State’s Department of Health Public Nursing Section and Oral Health Division, Aloha Medical Mission, Kokua Kalhi Valley, and other community health and social service organizations to promote good oral hygiene and education among older adults. If you know of a group of seniors who may be interested in hearing the Oral Health Presentation, please call Susie Chun Oakland at 847-1322. Enjoy the rest of the Summer!

Take care and much aloha,
Susie Chun Oakland, Program Coordinator

As many of you know, July 1st started Oahu’s plastic ban law. All stores will charge $0.15 per plastic bag. All stores will charge $0.15 per plastic bag. All stores will charge $0.15 per plastic bag. All stores will charge $0.15 per plastic bag. Because of this, our Center has experienced a decrease of bag donations for those who shop at our thrift store. We encourage you to please bring your own recyclable bags when you shop. Mahalo!
“Brain Gym” has become a familiar term to seniors as we try to keep our minds active and healthy. Kaiser Permanente helped us to do just that on June 28 as Cindy Ogata led us in some exercises to “wake up” our brains. Before getting out of bed in the morning we can do several exercises including stretches, massaging eyes, ears, face, etc. for circulation. Circling legs and arms and stretching our core muscles are also important. We were reminded once again that in order to “feed our brain”, we need to hydrate, hydrate, hydrate, as dehydration may be the cause of many of our health issues like dizziness or headaches among others.

Our annual Bon Dance was held on July 5. Many thanks to Norman Kaneshiro and Sharon Kobashigawa for singing and providing the sanshin music. It was especially nice for members who don’t normally go to the community bon dances where large crowds gather.

Birthdays for the month were celebrated on July 12 when we honored eight of our members. Happy birthday to President Jane Higa, Jean Ishihara, Gladys Matsuda, Kosei Nago (91), Mary Sueda, Yurie Takai, Rose Yanagawa and Emiko Yoshida (90). God bless you with many more birthdays. It was a special treat to have Taiko Hawaii provide the entertainment. Leader Melissa Ching brought eight of her students to perform with her husband emceeing. All of them shared about their love for taiko and how much they enjoyed performing and learning about the Okinawan culture. The group was invited to perform in Japan and Okinawa last Summer and one of them, a 10-year-old student met his 90-year-old great grandmother who was healthy with good hearing and eyesight. He wants to go back to Okinawa. They each shared about the many benefits they receive learning taiko. The older students help the younger ones as some have taken taiko for most of their teenage years. Besides traveling and meeting people, the lasting relationships made are invaluable.

Many thanks to Harry and Flora Nakasone who chaired our annual Fun Day on July 19, and all those who helped with the games and prizes. Everyone who participated “won” a prize. It was not how fast you were to be in 1st place, but how accurate you were in the competitions. Because of your generous donations all members received snacks for just showing up.

We ended the month learning about Medication Management. On July 26 Patrick Uyemoto from Times Pharmacy did a good job of explaining the risks and benefits of taking medications and how the body processes a drug. It is important to take medications as prescribed and to learn as much as we can about what we take. Questions asked after the presentation were helpful.

SHOW & SELL
Thursday, August 9, 2018
8:00 am – 10:30 am
All proceeds help our classes and clubs!

SUCCESSFUL AGING
By HMSA
Friday, August 10, 2018
11:00 am – 12:00 am
Sign up at the front desk to attend!

OKINAWA NENCHOSHA CLUB UPDATE
By Irene Yamashita

Healthy and Active Minds

Remember when...
You could buy two cupcakes for five cents?
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

Your Right to Vote

Yes, its election year and this is a gentle reminder to VOTE. Primary Election Day is on Saturday, August 11. Questions you may have regarding voting by mail, walk-in voting, voting on primary day, etc, can be answered by the Office of Elections at 453-8683. Some of the major offices on the ballot this year include U.S. Senator and Representative; Governor; Lt. Governor; State Representatives; and City Council. You can help your candidate win by casting your ballot. Every vote counts!

On July 2, we enjoyed the lively, versatile group who played ukulele, guitar and sang with great harmony. The group consisted of Stan Miike, Bobby Ishihara, Sam Tokunaga, Masa Hirayama and Maurice Yamasato. They included member’s participation by singing old Japanese songs such as Yuyake Koyake, Haru ga kita and Mikan no hana and many others. On July 16, we enjoyed the Karaoke singers from Elsie Kawamoto’s music class. They sang popular Japanese songs such as Furusato no Shiki wo Utau, Hamabe no Uta, Koboretsuki and many others. Such great talent! On July 23, we watched the film entitled Killer Earthquake which was about the 2011 Tsunami in Japan that devastated Sendai and Fukushima Dai-ichi. It’s a must see video to get a full understanding of the impact of an earthquake.

Happy Birthday! to Agnes Miura (90+); Alice Miyasato (90+); and Noboru Tanoue (90+). May you all have many more healthy years.

8/6 O-BON “MEI WA KAI” with SENSEI MADGE SODETANI AND SENSEI CHIEKO JOHNSON
8/13 DEMENTIA – LENORA SPRINGER
8/20 BIRTHDAY/BR. LORRAINE STRINGFELLOW
8/27 DR. KAMAI MASAKI- GERIATRIC MEDICINE

Additional Upcoming Club Meetings

Chinese Cultural Club
Meetings 8/3, 8/10, 8/24, 8/31

Filipino Cultural Club
Meetings 8/11, 8/25

Hawaiian Cultural Club
Meetings 8/7, 8/14, 8/21, 8/28

Korean Cultural Club
8/2, 8/16, 8/23, 8/30
HAPPY BIRTHDAY

James Matsumoto
Sun Sil Mattos
Lovyna Mae “Lou” Maynes
Yoshiko “Lillian” Minami
Agnes Miura
Alice Miyasato
Hazel Murakami
Alice Murashige
Lee Myers
Maisie Nagaishi
Nancy Nakano
Charles Nekoba
Misayo Nihei
Jane Noe
Anite Obena
Helen Ojiri
Bertha Okazaki
Joyce Oshiro
Masaich Oshiro
Nobuko Oshiro
Tsutomu “Tom” Oshiro
Emmie Otake
Tokue “Kay” Ouchi
Agnes Pagan
Brennan Pang
Monn Ja Park
Ya Lan Peng
Hwan Rheo
Yoriko Sakihama
Amy Sato
Yvonne Segawa
Lynn Sekiya
Rosaline “Rozzie” Seu
Karen Seward
Sharon Shiraki
Jean “Jeannie” Sonoda
Myrna Soong
Alyce Soranaka
Kenneth Stone
Hisako Sugiyama
Sanami Suzukawa
Janis Suzuki
Richard Tada
Virginia “Ginny” Takara
Yoshiko Tamanaha
Carol Tamayose
Walter Tamura
Jenny Tang
Noboru “Nobriga” Tanoue
Mary Tanouye
Sadie Tashima
Ronald Tokuda
Kazuo Tomasa
Sunny Tominaga
Joyce Toy
Doris Toyama
Bertha Tsuyemura
Fusae Uyehara
Florida Villaroz
Amy Wakamiya
Helen Wong
Esther Wright
Anne Yamamoto

HAPPY BIRTHDAY (Cont’d)

Stanley Yamamoto
Chiyoko Yamane
Dorothy Yap

Yoo Ja Yoo
Kimu Yuge

Welcome New Members!

Renilda Cordero
Alyson Kimura
James Imamura
Edean Kinoshita

Karl Kinoshita
Rosalia Lee
Linda Lenz
Lolita Lucas
Virgilio Lucas

Gloria Raytarr
Kenneth Stone
Toshi Sullivan
Kazuko Toyama

HPH Healthy Living 2018

Hawaii Pacific Health hosts Health Living, providing valuable information on a variety of health topics, shared a recipe for healthy snack, exercise, and Q&A with Dr. Kalani Brady. Mahalo HPH!
Thank you so much for your generosity!

**HIBISCUS ($100+)**
Madigan, William
Mr. & Mrs. Claude Nagaishi
IMO: Kay Tomomitsu
Stevens, M/M Daly

**BIRD OF PARADISE ($50+)**
Hasegawa, Warren

**ANTHURIUM ($49 & UNDER)**
Lee, Lillian
Luna, Antonia
Manuel, Rolando
Maunakea, Dexter
Raytarr, Gloria
Togashi, Rose
Yamasaki, Glenn

**IN-KIND GIFTS**
Alvarado, Dorothy
Bancel, Barbara
Chun, Candace
Covahey, Christopher
Fogarty, Linda
Foster, Robert
Furumori, Sandra
Harada, Andy & Diane
Hutchinson, Rhonda
Ichikawa, Dorine
Kageno, Madeline
Kamioka-Fuller, June
Kauihou, Ross
Kumamoto, Kikuko
Kuwasaki, Walter
Lee, Toni
Miyahira, Yasuko
Miyashiro, Walter
Morriera, Jane
Nagamine, Dorene
Naganishi, Debra
Nakamura, Bridget
Nakata, Hatsue
Nishida, Jean
Oakland, Connie
Oakland, Michael
Oakland, Lauren
Shimoda, Wendy
Shiohira, Jeanette
Shirakawa, Kazuo
Takamiya, James
Tajetam Hydt
Tamura Boyd, Susan
Tsutsumi, Alice
Unten, Scott
Wong, Joyce
Yashima, Sue
Yi, Ellen

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**Candidate’s Fair 2018**
Seniors meet & greet candidates running for public office.
Thanks to those who participated and attended!

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**Going Green 2018**
Mahalo to everyone involved in making this recycling event a success!
<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Walking Group</td>
<td>Group</td>
<td>Library</td>
</tr>
<tr>
<td>9:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/Activity Room</td>
</tr>
<tr>
<td>9:30am</td>
<td>Beg. Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<tr>
<td>10:00am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Go Room</td>
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<tr>
<td>11:00am</td>
<td>Lei-Making Group</td>
<td>Tsutsumi</td>
<td>Craft Room</td>
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<tr>
<td></td>
<td>Harmony’s Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<tr>
<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
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<tr>
<td></td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
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<tr>
<td>12:00pm</td>
<td>Brain Exercise</td>
<td>Oh</td>
<td>Go Room</td>
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<tr>
<td>7:30am</td>
<td>Mah Jong</td>
<td>Sugihara</td>
<td>Library</td>
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<tr>
<td>8:00am</td>
<td>Fan Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<tr>
<td>8:30am</td>
<td>Needle &amp; Thread Workshop</td>
<td>Sueda/Hirashiki</td>
<td>Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Library Annex</td>
</tr>
<tr>
<td></td>
<td>Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<tr>
<td>10:00am</td>
<td>Hawaiian Cultural Club</td>
<td>Antonio</td>
<td>Activity Room</td>
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<tr>
<td>10:00am</td>
<td>Harmony’s Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<tr>
<td></td>
<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<tr>
<td>10:15am</td>
<td>Sahm Bo Dahn</td>
<td>Katabira/Higuchi</td>
<td>Lanai</td>
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<tr>
<td>8:00am</td>
<td>Walking Group</td>
<td>Group</td>
<td>Library</td>
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<tr>
<td>8:30am</td>
<td>Stretch &amp; Tone</td>
<td>Werle</td>
<td>Lanai</td>
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<tr>
<td>9:00am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Room/Sewing Room</td>
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<tr>
<td>9:30am</td>
<td>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</td>
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<tr>
<td>10:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Dance Studio</td>
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<tr>
<td></td>
<td>Veteran’s Club Talk Story</td>
<td>Yashima</td>
<td>Go Room</td>
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<tr>
<td>10:00am</td>
<td>Line Dance</td>
<td>Chang</td>
<td>Lanai</td>
</tr>
<tr>
<td></td>
<td>Ellen’s Ukulele</td>
<td>Tagonan/Lindo</td>
<td>Sewing Room (starting 7/11/18)</td>
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<tr>
<td></td>
<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko</td>
<td>Library Room (starting 7/11/18)</td>
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<tr>
<td>10:30am</td>
<td>3D Origami</td>
<td>Yashima</td>
<td>Go Room</td>
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<tr>
<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
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<tr>
<td></td>
<td>Exercise with Karate</td>
<td>Sato</td>
<td>Dance Studio</td>
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<tr>
<td>11:15am</td>
<td>Health &amp; Life Circle</td>
<td>Young-Sasaki</td>
<td>Sewing Room</td>
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<tr>
<td>12:30pm</td>
<td>Men &amp; Women’s Shed</td>
<td>Maynes</td>
<td>Activity Room</td>
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<tr>
<td>9:00am</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
<td>Lanai/Activity Room</td>
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<tr>
<td></td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
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<td>Enka Class</td>
<td>Arakaki</td>
<td>Library Annex</td>
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<td></td>
<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<tr>
<td>10:30am</td>
<td>Hanafuda</td>
<td>Hagihara</td>
<td>Sewing Room</td>
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<tr>
<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>Crafts by Florence</td>
<td>Tamura</td>
<td>Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Folk Sing Along</td>
<td>Group</td>
<td>Library Annex</td>
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<tr>
<td></td>
<td>Fusion Exercise</td>
<td>Gittelman</td>
<td>Lanai</td>
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<tr>
<td>9:30am</td>
<td>Yui Buyo</td>
<td>Yagi/Sugai</td>
<td>Dance Studio</td>
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<tr>
<td>10:00am</td>
<td>Chinese Cultural Club</td>
<td>Mau</td>
<td>Library</td>
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<tr>
<td>11:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katabira/Higuchi</td>
<td>Lanai</td>
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<tr>
<td>11:15am</td>
<td>American Sign Language</td>
<td>Mizusawa/Inatsuka</td>
<td>Library</td>
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<tr>
<td>12:00pm</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
</tr>
<tr>
<td></td>
<td>Filipino Cultural Club</td>
<td>Asis</td>
<td>Lanai/Activity Room</td>
</tr>
</tbody>
</table>
Let’s Keep in Touch
1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322
www.catholiccharitieshawaii.org
Email: suzanne.oakland@catholiccharitieshawaii.org

Center Hours
Monday-Friday 7:30am-3:00pm
Saturday (2x/month) 8:30am-3:00pm

**If you’re interested in joining any of our presentations & activities at the Center, please sign up at the front desk. Don’t forget to also check our bulletin boards in the hallway for many community events and information!**

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**G L C  t o  O l d  S p a g h e t t i  F a c t o r y**

**T H U R**

2

[Show & Sell](8:00 am)

3

[Successful Aging-HMSA*](11:00 am)

4

[LMPSC Open: FCC](8:30 am)

---

**S U N**

1

[GLC to Old Spaghetti Factory](8:30 am)

**M O N**

2

[Program Committee Meeting](8:30 am)

**T U E S**

3

[New Member Orientation](9:00 am)

**W E D**

4

[CERT Training](9:00 am)

**T H U R**

5

[New Member Orientation](9:00 am)

**F R I**

6

[CERT Training](9:00 am)

**S A T**

7

[New Member Orientation](9:00 am)

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**C E N T E R  S T A F F**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>Suzanne Chun Oakland</td>
<td>Program Coordinator</td>
<td>Rm 7</td>
</tr>
<tr>
<td>Riva Torno</td>
<td>Program Specialist</td>
<td>Rm 3</td>
</tr>
<tr>
<td>Iris Hiramoto</td>
<td>Membership Specialist</td>
<td>Rm 4</td>
</tr>
<tr>
<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
<td>Rm 7</td>
</tr>
<tr>
<td>Cyan Curtis, LSW</td>
<td>Case Management</td>
<td>Rm 6</td>
</tr>
<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
<td></td>
</tr>
<tr>
<td>Lydia Bautista</td>
<td>SCSEP Worker</td>
<td></td>
</tr>
</tbody>
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AUGUST 2018

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*Open to the public, please sign up at the front desk*